### 2007 Women's Outdoor Track and Field Bests List

#### (Final)

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Best Achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>100m</strong></td>
<td></td>
<td><em>Keyonna Smith 12.41 - Dewey Allgood Invitational</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>11.68 - Deb Carter (1977)</td>
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<tr>
<td><strong>200m</strong></td>
<td></td>
<td><em>Neosha Hayes 12.76 - Dewey Allgood Invitational</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>23.98 - Jill Lourey (5/6/01)</td>
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<tr>
<td><strong>400m</strong></td>
<td></td>
<td><em>Lisa Langenfeld 30.16 - Dewey Allgood Invitational</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>55.75 - Kasey Iahn (5/11/02)</td>
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<tr>
<td><strong>800m</strong></td>
<td></td>
<td><em>Amber Clayton 57.08 - Emporia Last Chance</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>1:05.21 - Augustana Open</td>
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<tr>
<td><strong>1500m</strong></td>
<td></td>
<td><em>Lisa Langenfeld 1:04.50 - NW Collegiate Open</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>4:56.00 - MIAA Championships</td>
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<tr>
<td><strong>3000m</strong></td>
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<td><em>Mcg Robertson 5:09.85 - Augustana Open</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>5:57.75 - Kasey Iahn (5/11/02)</td>
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<tr>
<td><strong>5000m</strong></td>
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<td><em>Amber Clayton 2:25.95 - Kip Janvrin Open</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>10:20.00, NC</td>
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<tr>
<td><strong>10000m</strong></td>
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<td><em>Lisa Langenfeld 2:45.30 - Truman Open</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>20:14.00, NC</td>
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<tr>
<td><strong>400m Hurdles</strong></td>
<td></td>
<td><em>Keyonna Smith 25.61 - Division II Challenge</em></td>
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<tr>
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<td></td>
<td>23.98 - Jill Lourey (5/6/01)</td>
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<tr>
<td><strong>100m Hurdles</strong></td>
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<td><em>Amber Clayton 26.03 - Truman Open</em></td>
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<tr>
<td>School Record</td>
<td></td>
<td>23.98 - Jill Lourey (5/6/01)</td>
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<tr>
<td><strong>10000m</strong></td>
<td></td>
<td><em>Crystal Cunningham 29.16 - Truman Open</em></td>
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<tr>
<td><strong>3000m</strong></td>
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<td><em>Lisa Langenfeld 30.16 - Dewey Allgood Invitational</em></td>
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<tr>
<td><strong>400m</strong></td>
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<td><em>Keyonna Smith 11:00.43 - Kip Janvrin Open</em></td>
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<td>School Record</td>
<td></td>
<td>11:00.43 - Kip Janvrin Open</td>
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<tr>
<td><strong>800m</strong></td>
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<td><em>Fiona Williams 12:43.83 - Dewey Allgood Invitational</em></td>
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**2000m Steeplechase**
- School Record: 7:29.50 - Lauren White (3/20/04)
- **3000m Steeplechase**
  - School Record: 11:00.43 - Danna Kelly (4/27/07)
  - P: Danna Kelly 11:00.43 - Kip Janvrin Open
  - Fiona Williams 12:43.83 - Dewey Allgood Invitational

**High Jump**
- School Record: 1.75m - Erin Burns (1997)
- *Katrina Biermann 5.12 m - Truman Open* (5/06/01)
- **Pole Vault**
  - School Record: 3.65m - Kristi Morton (5/06/01)
  - *Katrina Biermann 3.51 m - MIAA Championships* (11-06.25)
- **Long Jump**
  - School Record: 6.15m - Dafros Mudyiruva (5/6/00)
  - *Christen Lauer 5.25 m - Augustana Open* (17:02.75)
  - *Katrina Biermann 5.12 m - Truman Open* (13.80 - Megan Williams (5/25/01)

**Triple Jump**
- School Record: 12.00m - Karen Singleton (5/06/01)
- *Christen Lauer 11.58 m - Dewey Allgood Invitational* (38:00.00)
- *Katrina Biermann 10.89 m - Dewey Allgood Invitational* (35:08.75)

**Shot Put**
- School Record: 15.24 m - Marlene Frahm (1985)
- *P: Bridgette Carpenter 14.45 m* - NCAA Championships (5/29/04)
- *Ashley Bernard 12.65 m - Division II Challenge* (41:06.00)
- *Ashley Colan 12.49 m - Division II Challenge* (40:11.75)
- *Tessa Letali 11.77 m - Truman Open* (5/29/04)
- *Kortney Holeman 11.45 m - Dewey Allgood Invitational* (37:06.75)
- *Lexi Meineke 11.28 m - Dewey Allgood Invitational* (37:00.25)

**Discus**
- School Record: 50.60 m - NC (5/25/00)
- *P: Bridgette Carpenter 46.50 m* - NW Collegiate Open (49.94 m - Vicki Perez (1993))
- *Ashley Bernard 41.56 m* - NW Collegiate Open (5/29/04)
- *Kortney Holeman 40.63 m - Dewey Allgood Invitational* (40.63 m - NW Collegiate Open (153:04)
- *Samantha Cassmeyer 39.57 m - Division II Challenge* (129:10)
- *Lexi Meineke 37.09 m - NW Collegiate Open* (121:08)

**Hammer Throw**
- School Record: 56.38 m - NC (1985)
- *P: Ashley Colon 51.76 m* - MIAA Championships (169:10)
- *Ashley Bernard 48.86 m* - Kip Janvrin Open (160:04)
- *Brandlette Carpenter 47.88 m* - MIAA Championships (159:01)
- *Lexi Meineke 45.75 m* - MIAA Championships (150:01)
- *Tessa Letali 38.06 m* - Truman Open (14:65)
- *Samantha Cassmeyer 36.87 m* - Dewey Allgood Invitational (120:11)
- *Kortney Holeman 35.17 m* - Truman Open (133:04)

**Javelin**
- School Record: 47.24 m - NC (1985)
- *Kortney Holeman 34.87 m* - NW Collegiate Open (121:08)
- *Samantha Cassmeyer 31.02 m* - Augustana Open (101:09)
- *Lexi Meineke 21.06 m* - Truman Open (120:11)

**Heptathlon**
- School Record: 4806 points - Myrna Moore (1984)
2007 WOMEN’S OUTDOOR TRACK AND FIELD RELAYS BESTS LIST
(UPDATED 4/30/07)

4x100m Relay
(NCAA Automatic Cut: 45.50, NCAA Provisional Cut: 47.50)
School Record: 47.00
Kandlbinder, Curry, Carter, Mudyirwa (5/15/00)
Truman 47.92 Dewey Allgood Invitational

4x200m Relay
School Record: 1:40.70
Kandlbinder, Curry, Carter, Mudyirwa (4/30/99)

4x400m Relay
(NCAA Automatic Cut: 3:42.00, NCAA Provisional Cut: 3:52.00)
School Record: 3:44.02
Hoskins, Jessen, Winkler, Jones (5/9/04)
Truman 4:11.58 Truman Open

4000m Distance Medley Relay (NCAA Provisional Cut: XX)
School Record: 12:11.31
Armstrong, Williams, Hoskins, Rawlings (4/29/05)

4x800m Relay
School Record: 9:16.66
Rackers, Knepper, Perkins, Ruden (1990)

800m Sprint Medley Relay
School Record: 1:46.80
Moore, Chezum, Mericle, Witte (1983)

1600m Sprint Medley Relay
School Record: 4:02.13
Jessen, Lowry, Jones, Komiskey (4/26/03)

4000m Distance Medley Relay
School Record: 12:11.31
Armstrong, Williams, Hoskins, Rawlings (4/29/05)